



EXERCICE KO SPRINT EN SKI SKATE

Dim. 09/12/2018 – Plateau des Glières

Boucle de Snow-farming 1km (départ pas de tir, montée variante, descente piste rouge)

Cl	Dos	Nom et prénom	Catég.	Manche 1 (*)		Manche 2		Manche 3		Manche 4		TOTAL (*)	Écart
U14 > SEN													
1	2	ROGUET MATHIEU	SEN-M	3:15.0	1	3:21.3	2	3:23.0	1	3:14.3	1	16:28.6	
2	5	VALLEIX JORIS	U14-M	3:17.0	3	3:19.5	1	3:25.1	2	3:20.2	3	16:38.8	0:10.2
3	3	PERROUD DORIAN	U15-M	3:16.0	2	3:24.2	3	3:26.3	3	3:19.0	2	16:41.5	0:12.9
4	8	GRENARD MAX	U14-M	3:41.9	7	3:40.9	5	3:43.8	5	3:32.6	4	18:21.1	1:52.5
5	10	COLOMBAN ALEXIS	U14-M	3:38.6	5	3:47.5	7	3:45.6	6	3:43.7	6	18:34.0	2:05.4
6	7	BOUSQUET MARIE	U15-F	3:54.4	8	3:50.5	8	3:51.8	8	3:41.7	5	19:12.8	2:44.2
7	12	SYLVESTRE BARON PAUL	U14-M	4:02.3	12	3:56.5	10	3:59.1	9	3:54.4	8	19:54.6	3:26.0
8	9	BOGAIN LEA	U15-F	4:11.4	13	4:09.7	14	4:16.0	13	4:02.2	9	20:50.7	4:22.1
9	17	VIRON ADRIEN	U15-M	4:17.2	15	4:13.5	16	4:22.2	15	4:02.2	10	21:12.3	4:43.7
10	15	MOREAU SIMEON	U14-M	4:15.2	14	4:10.3	15	4:19.1	14	4:12.6	11	21:12.4	4:43.8
11	18	TEYSSIER ADELE	U14-F	4:21.5	16	4:22.2	18	4:40.9	18	4:16.9	12	22:03.0	5:34.4
	11	LEVET GASTON	U15-M	3:31.2	4	3:38.1	4	3:48.8	7				
	4	ROGUET MATEO	U16-M	3:41.8	6	3:47.0	6	4:02.8	10				
	6	GIAMMARIA CORENTIN	U18-M			3:52.5	9			3:47.5	7		
	1	COLOMBAN SYLVAIN	SEN-M					3:33.0	4				
U12 + U13													
1	13	GUILLOT BORIS	U12-M	3:57.3	9	3:59.8	11	4:15.4	12			16:09.8	
2	16	ORVAIN CHLOE	U13-F	4:01.2	11	4:06.8	13	4:10.9	11			16:20.1	0:10.3
3	14	MENCIER ARTHUR	U13-M	4:00.0	10	4:03.6	12	4:27.1	16			16:30.7	0:20.9
4	20	LEVET LINA	U13-F	4:24.1	17	4:22.1	17	4:42.9	20			17:53.2	1:43.4
5	21	VALLEIX ROBIN	U12-M	4:29.9	18	4:30.5	19	4:34.4	17			18:04.7	1:54.9
6	19	MOREAU MALLORY	U12-M	4:41.1	19	4:42.5	20	4:42.5	19			18:47.2	2:37.4
7	22	SARTORI BAPTISTE	U12-M	4:59.7	20	5:15.5	21	5:31.5	21			20:46.4	4:36.6

(*) : la 1ère manche (qualification) compte double dans le total

Départ toutes les 10 secondes

12 minutes de récupération entre les manches (14 entre les manches 3 et 4). Exercice de 50' au total

Neige tombante par intermittence